Minimum Operations to Reduce X to Zero (View)

You are given an integer array `nums` and an integer `x`. In one operation, you can either remove the leftmost or the rightmost element from the array `nums` and subtract its value from `x`. Note that this **modifies** the array for future operations.

Return *the **minimum number** of operations to reduce* `x` *to **exactly*** `0` *if it is possible, otherwise, return* `-1`.

Example 1:

```
Input: nums = [1,1,4,2,3], x = 5

Output: 2

Explanation: The optimal solution is to remove the last two elements to reduce x
to zero.
```

Example 2:

```
Input: nums = [5,6,7,8,9], x = 4

Output: -1
```

Example 3:

```
Input: nums = [3,2,20,1,1,3], x = 10

Output: 5

Explanation: The optimal solution is to remove the last three elements and the
first two elements (5 operations in total) to reduce x to zero.
```

Constraints:

- `1 <= nums.length <= 10^5`
- `1 <= nums[i] <= 10^4`
- `1 <= x <= 10^9`